

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01041, Cheese, tilsit

Report Date: December 09, 2015 16:00 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 42.86 | -- | 1.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 340 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Energy | kJ | 1422 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2014 |
| Protein | g | 24.41 | -- | 0.820 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 25.98 | -- | 1.014 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 4.87 | -- | 0.075 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 1.88 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 700 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Iron, Fe | mg | 0.23 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 13 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Phosphorus, P | mg | 500 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Potassium, K | mg | 65 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Sodium, Na | mg | 753 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Zinc, Zn | mg | 3.50 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Copper, Cu | mg | 0.026 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Manganese, Mn | mg | 0.013 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Selenium, Se | µg | 14.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Thiamin | mg | 0.061 | -- | 0.009 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Riboflavin | mg | 0.359 | -- | 0.017 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.205 | -- | 0.026 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Pantothenic acid | mg | 0.346 | -- | 0.025 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-6 | mg | 0.065 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folate, total | µg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |

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| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folate, DFE | µg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2001 |
| Vitamin B-12 | µg | 2.10 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin A, RAE | µg | 249 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2002 |
| Retinol | µg | 236 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2002 |
| Vitamin A, IU | IU | 1045 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 16.775 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 4:0 | g | 0.878 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 6:0 | g | 0.536 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 8:0 | g | 0.381 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 10:0 | g | 0.748 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 12:0 | g | 1.073 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 14:0 | g | 2.608 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| 16:0 | g | 7.675 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:0 | g | 2.190 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Fatty acids, total monounsaturated | g | 7.136 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:1 undifferentiated | g | 0.668 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:1 undifferentiated | g | 6.073 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.721 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:2 undifferentiated | g | 0.398 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:3 undifferentiated | g | 0.323 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Cholesterol | mg | 102 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.352 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Threonine | g | 0.899 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Isoleucine | g | 1.484 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Leucine | g | 2.548 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Lysine | g | 2.039 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Methionine | g | 0.754 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Cystine | g | 0.138 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Phenylalanine | g | 1.358 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Tyrosine | g | 1.458 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Valine | g | 1.752 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Arginine | g | 0.849 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Histidine | g | 0.704 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Alanine | g | 0.811 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Aspartic acid | g | 1.798 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glutamic acid | g | 5.490 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glycine | g | 0.497 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Proline | g | 2.969 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Serine | g | 1.393 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |